

# JULY

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Feta Pasta with Dill <sup>1</sup>	Caramel Frappuccino <sup>2</sup>
3	Crockpot Potato Soup <sup>4</sup>	Garlic Grilled Shrimp <sup>5</sup>	Easy Monterey Chicken Foil Packets <sup>6</sup>	Instant Pot Honey Balsamic Pulled Pork <sup>7</sup>	Chicken Spaghetti <sup>8</sup>	Creamy Yogurt Fruit Salad <sup>9</sup>
10	Slow Cooker Creamy Tomato Basil Chicken <sup>11</sup>	Simple Grilled Flank Steak <sup>12</sup>	Chicken Quesadilla <sup>13</sup>	BLT Pasta Salad <sup>14</sup>	Grilled Pizza 4 Ways <sup>15</sup>	Sheet Pan Pancakes <sup>16</sup>
17	Crockpot Lasagna Soup <sup>18</sup>	Creamy Italian Instant Pot Chicken Breast <sup>19</sup>	Grilled Romaine Wedged Salad <sup>20</sup>	The BEST Burgers <sup>21</sup>	Garlic Butter Sausage and Veggies Foil Packets <sup>22</sup>	Blueberry Lemon Bread <sup>23</sup>
24 /31	Slow Cooker Chicken Thighs <sup>25</sup>	Summer Salad with corn & avocado <sup>26</sup>	Honey Garlic Pork Tenderloin <sup>27</sup>	Creamy Tomato Rigatoni Pasta <sup>28</sup>	Grilled Salmon <sup>29</sup>	Easy Yogurt Parfaits <sup>30</sup>